Tap News
KNOWLEDGE STARTS HERE

# Vitamin D Expert: The Fastest Way To Dementia & The Big Lie About Sunlight!

*Mon 9:37 am +00:00, 28 Jul 2025* 1

*posted by Gordon*

Vitamin D Expert: The Fastest Way To Dementia & T...

**Gordon**: This is a fascinating two-hour discussion; therefore, do try and find the time to watch and listen to it. **You won't be disappointed!**

Is your daily routine ruining your health? Is THIS habit silently triggering dementia? Vitamin D Expert Dr. Roger Seheult reveals how sunlight exposure, caffeine intake, and sleep can impact cancer risk, accelerate dementia, and fry your dopamine brain!

Dr. Roger Seheult is a world-leading doctor in internal medicine, lung health, critical care, and sleep medicine. As co-founder of MedCram, he's helped millions understand how vitamin D, sunlight, mitochondria, and circadian rhythms impact disease, brain health, and longevity.

In this powerful interview, he explains:

☐How just 2 minutes of morning sunlight can boost dopamine by 250%.

☐The daily habit increasing your cancer risk (and how to fix it).

In this powerful interview, he explains: ☐How just 2 minutes of morning sunlight can boost dopamine by 250%. ☐The daily habit increasing your cancer risk (and how to fix it).

☐What caffeine does to your sleep, hormones, and mental clarity. ☐How red and infrared light boost your mitochondria.

☐How sleep, light, and nutrition create a blueprint for longevity.

### Share this

Post Views: 330

## One Response to "Vitamin D Expert: The Fastest Way To Dementia & The Big Lie About Sunlight!"

pete fairhurst 2 says: **28 Jul 2025 11:26**

Thanks Gordon

I've watched the first 40 minutes so far and I'm very impressed by his advice. Which I mostly already try to follow as best possible

There are very useful chapter headings on the running bar which enable you to skip sections where you already have sufficient knowledge too

### Search the Tap

Search ... Search

Submit News

Buy the Tap a Coffee

Support the Tap

Help keep the Tap blog online

Donate Now >

Secure Donation

### Newsletter

The Tap Newsletter

Get the latest news daily

Email Address

Subscribe Now

### About the Tap

The Tap is and independent blog run and managed by Alternative View Media. A UK based events production team dedicated to fakery exposure, and searching for alternative truths.

If you like what we do please come along to one of our events or let us manage and produce your own event.

Events: www.alternativeview.co.uk

Event Production: www.alternativeviewmedia.co.uk

### Buy us a Ko-fi

I'm sure that his strong focus on sunlight and the outdoors is excellent advice. The modern habit of covering up skin with clothes, or even carcinogenic petrochemical "sunscreens", drives me nuts. Because I know the reality from my own childhood, the sun is our life source and nothing to be scared about. They demonise the sun with scares about skin cancer and global warming too don't they. But why would anyone believe proven lying liars?

LOG IN TO REPLY

## LEAVE A REPLY

You must be logged in to post a comment.

Waterdrop

Get Pure Water by Instant Filtration

FreshTaste Electric Water Filter Pitcher

AV MEDIA

ALTERNATIVE VIEW MEDIA

EVENT PRODUCTION SERVICES UK

FULL OR PART EVENT PRODUCTION FOR UK ALTERNATIVE INFORMATION AND TRUTH EVENTS

WWW.ALTERNATIVEVIEWMEDIA.CO.UK

Named Best Water Bottle for Travel!

US News & World Report named the Water-to-Go Active water filtration bottle the best bottle for travel!

CLICK TO BUY THE AWARD-WINNING BOTTLE

"Enjoy safe drinking water wherever you are"

Water-to-Go™ Water Filtration System

**Buy a Ko-Fi for Alternative View Media**

One time Monthly ⓘ

£5 each − 1 +

£ 5

Your name or nickname

Your message

Donate £5

Powered by Ko-fi (https://ko-fi.com?ref=poweredby)

## Events in the UK

### Gary Fraughen Free Event in Glastonbury

Date: 12 October 2025
Time: 11:00 - 15:30
Location: The Assembly Rooms Glastonbury
More info

gary of the house of fraughen

Author and speaker Gary Fraughen has a new book coming soon. "**Jesuit Cipher and the Shadows of the Grey Pope**" is well underway and due for print in late July. Gary will be doing a free talk and book promotion event on Sunday the 12th October in Glastonbury. Subscribe to Gary's newsletter for info on the new book and free talk as its released.

https://garyfraughen.co.uk/glastonbury-free-talk-12th-october-2025

**+++ FREE EVENT +++**

## Latest Comments

Gordon on UK to attack US warship with Soviet torpedo

ian on UK to attack US warship with Soviet torpedo

pete fairhurst 2 on Vitamin D Expert: The Fastest Way To Dementia & The Big Lie About Sunlight!

pete fairhurst 2 on Britain Commits Suic 'Land of Hope and Glory'?

ian on Britain Commits Suicide 'Land of and Glory'?

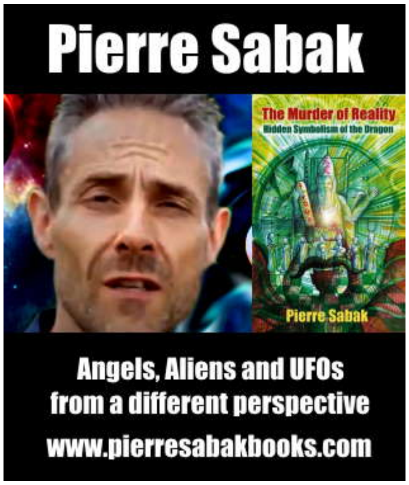
ian on Sent In From A. Friend.

pete fairhurst 2 on BBC journalists: “we are forced to promote Israel”

## Links and Ads

The Tap is a free resource. To help keep it free please visit our advertisers and/or consider a small donation.

HOSTARMADA
SPEED · SECURITY · STABILITY
Are you ready to join the crew?
Free Transfer
Get Started
Free cPanel
45 Days Money-back



Pierre Sabak
The Murder of Reality
Hidden Symbolism of the Dragon
Pierre Sabak
Angels, Aliens and UFOs from a different perspective
www.pierresabakbooks.com

ESD Event Services Directory

Event production, management and promotion businesses

ECOMMERCE-HELP
The Shopping Cart Specialists
www.Ecommerce-Help.co.uk

## Ecommerce-Help

Specialists in Ecommerce and Shopping Cart systems. We also offer WordPress setup, development, fixing and support plus remote online WordPress coaching.

WordPress

www.ecommerce-help.co.uk

www.ecommerce-help.co.uk/wordpress-services

This site is intended as an informational guide. The remedies approaches and techniques described hearin are meant to supplement, and not be a substitute for, professional, medical care or treatments. Any information is for entertainment purposes only. Any previous articles which prefix the **8th of February 2023** have no involvement in new upload to this site. Any Copy right infringements are not intended and any such should be made aware to the site for immediate withdraw. Articles posted here are for your consideration at your discretion. No purported facts have been verified. Articles do not necessarily reflect the views of the poster nor the site owner.

Blog editor - editor[at]tapnewswire.com